

**Naval Special Warfare Command
2446 Trident Way
San Diego, CA. 92155**

From: LT Dave Hecht
Public Affairs Officer,
Naval Special Warfare Command
Recruiting Directorate
(619) 916-6644 – cell
(619) 437-9634 - office

He never rang the bell

(San Diego) – The warm glow of the morning sunrise silhouettes the palm trees standing watch over Gator beach. It is calm, quiet, and peaceful. Then the ringing of a distant brass bell severs the silence. The serenity continues to be shattered by thunderous barking from Navy SEAL instructors motivating the remaining young trainees on a five mile, soft-sand, conditioning run.

At the famed Navy Special Warfare (NAVSPECWAR) Command on Coronado Island, the goal of instructors is to push their recruits to be faster, stronger and smarter than any of their peers. There is no comparison to any other Special Forces training because as one unidentified SEAL put it, “the big dog never compares himself to anyone. He just says he is the biggest and let's everyone else try to say they are as big as him.”

If a Navy SEAL is our military's best weapon, then the instructors at NAVSPECWAR are even better than the best. These battle-tested warriors in peak physical condition proudly identify their teammate, Chief Petty Officer Mitch Hall, as the guy standing at the top of the warrior mountain of America's best.

In regard to his triathlon career, Hall shrugs with humility, “I'm getting a late start because I was operational for 13 plus years before I really gave this a chance. It should be fun to see how far I can go.” Now 34 years old, Navy SEAL Mitch Hall proved he can go impressively “far” having just won back to back Superfrog Triathlons.

The Superfrog was conceived 28 years ago by Navy SEAL veteran Moki Martin who concedes, “It (The Superfrog) was a way to prepare Navy SEALs for the IRONMAN Triathlon.”

But unlike Hollywood's heroic yet tragic character, Roy Hobbs in the film, “The Natural,” Chief Hall has no regrets over those years where he chose his SEAL Team over individual glory. “Quite a few times I've wondered where I'd be if I started this at 18 or 21. But I'm completely satisfied with the decisions I've made.”

If Hall is beyond his prime, you couldn't tell. While he was sixth out of the water during this year's Superfrog, he blasted into the lead within 58 seconds of rocketing his bike onto the fifty-four mile course. By the end of the torturous windy ride, Hall held a commanding 8-minute lead. Even after whisking through the challenging half-marathon soft-sand run, Hall's lead just increased. In typical SEAL Team fashion, Hall pushed

himself beyond what was needed and raced first over the finish line with a course shattering record time of 4-hours, 18-minutes.

While a race car driver keeps one eye on the road and one eye on the gauges, “I’m focusing on my internal gauges. How do I feel? Can I sustain this?” In triathlon mode, Mitch Hall is nothing short of a fine tuned Ferrari and he meticulously fuels and monitors it to perfection.

“I have always wanted to be the best and contribute with the best. And I wanted to do something for our country.” Being a Navy SEAL, is Hall’s first priority. As for triathlon, “it’s another outlet for me to challenge myself and get the word out about this SEAL community. It’s a great family and I’m happy to let people know about it.”

In Afghanistan in 2001, Hall helped his “family” while in a firefight. While the details surrounding that mission remain classified, Chief Hall was awarded the coveted Bronze Star. To say that Hall is an overachiever may be an understatement considering his war experience and the nearly 40 triathlons in just the past three years.

Now for the second time, he’s setting his sights on the Kona and the IRONMAN. In 2005, he placed 207 out of a field of more than 1,800. This year, Hall is gunning to be in the top 100.

For the young trainees back at NAVSPECWAR, fighting to make their way through the toughest training in world, Navy SEAL training, Chief Hall is a role model. As a recruit himself, Hall never considered ringing the bell, a large brass bell recruits must ring to indicate they want to drop from the program. He often told himself when he was cold, wet, sandy, tired, and downright miserable, “Quitting isn’t an option.”

But even in the highly competitive arena of World-Class IRONMAN competition, Hall’s unwavering commitment to his SEAL team comes first. While he’s determined to not ring the bell in a triathlon, Hall states “I will if I know it’s going to affect my body to the point where I can’t do my job as a SEAL.”